

WEEKLY TIME BLOCKING SCHEDULE

House Chores

Errands

Personal

Work

Lunch / Dinner

Morning Routine

WEEKLY LIST	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<input type="checkbox"/> Organize Deliveries	6:00							
<input type="checkbox"/> Grocery shopping	6:30							
<input type="checkbox"/> Pay utility bills	7:00	Morning routine		Morning routine	Morning routine			
<input type="checkbox"/> Buy pet supplies	7:30							
<input type="checkbox"/> Car wash	8:00		Morning routine			Morning routine		
<input type="checkbox"/> Pharmacy	8:30							
<input type="checkbox"/>	9:00							Morning routine
<input type="checkbox"/>	9:30							
<input type="checkbox"/>	10:00	Draft reports			Create presentation		Morning routine	
<input type="checkbox"/>	10:30		Task planning					
<input type="checkbox"/>	11:00							
<input type="checkbox"/> Meal prep	11:30					Respond emails		
<input type="checkbox"/> Movie night 	12:00			Attend meeting			Grocery shopping	
<input type="checkbox"/> Workout	12:30							
<input type="checkbox"/> Outing with friends	1:00	Lunch		Lunch		Lunch		Car wash
<input type="checkbox"/> Reading a new book	1:30		Lunch		Lunch		Lunch	
<input type="checkbox"/> Yoga class	2:00	Task planning				Budgeting		
<input type="checkbox"/>	2:30			Respond emails				Lunch
<input type="checkbox"/>	3:00				Attend meeting			
<input type="checkbox"/>	3:30				Attend meeting	Pharmacy	Weekly prep	
<input type="checkbox"/>	4:00		Create presentation					
<input type="checkbox"/>	4:30			Budgeting				Cleaning

Ideas Time Blocking Planner

**United Nations Asian and Pacific
Development Institute**



Ideas Time Blocking Planner:

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